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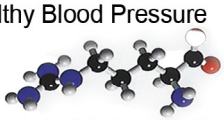

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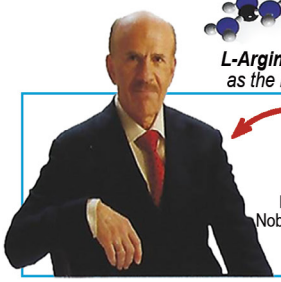

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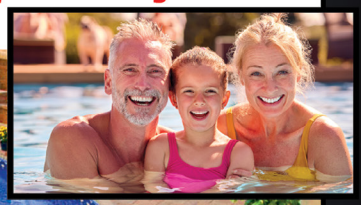

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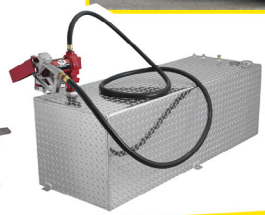

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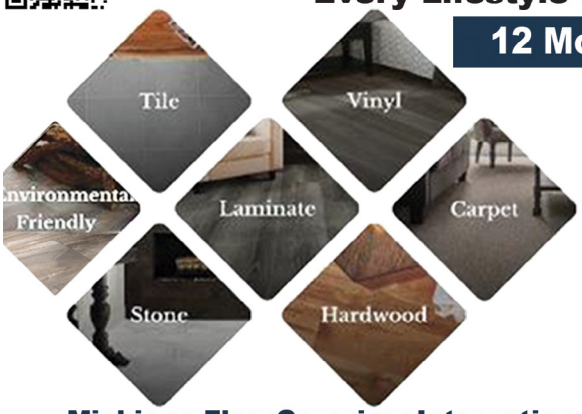

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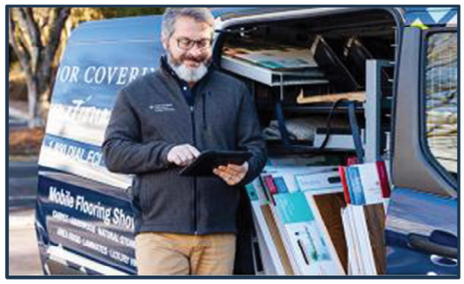

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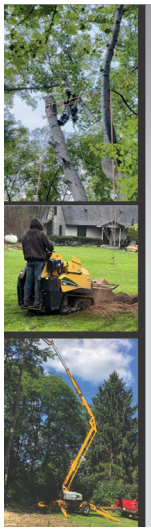

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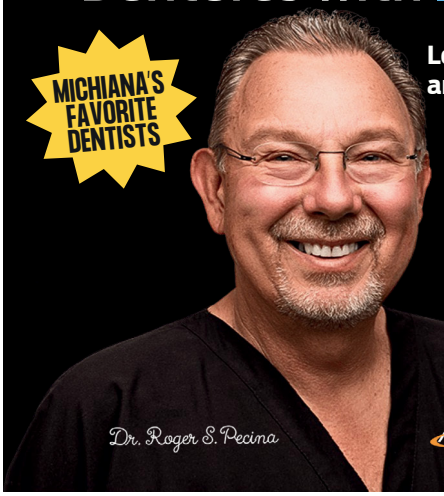

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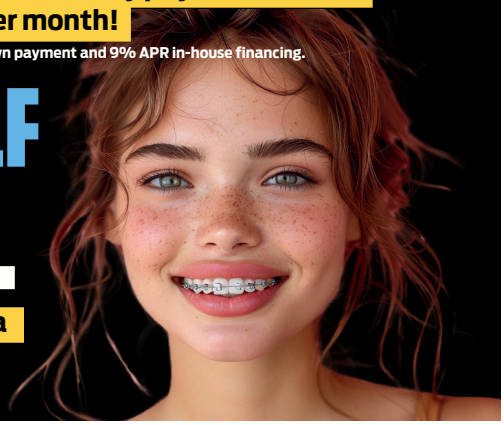

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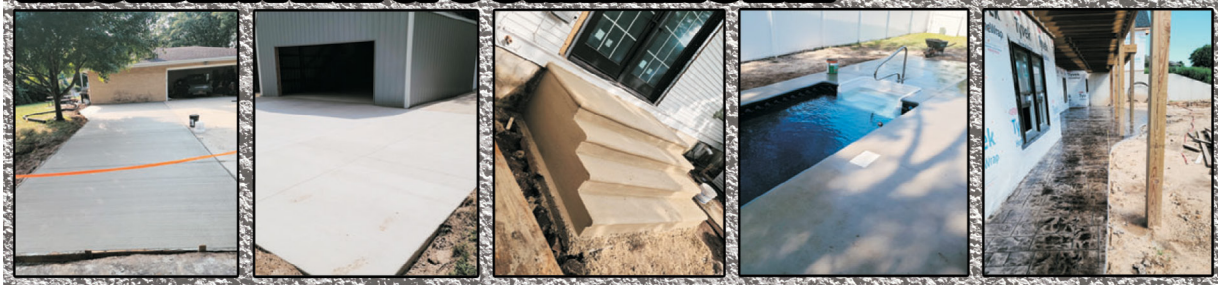

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AUG 31	TEXAS A&M KYLE FIELD // COLLEGE STATION, TX	W 23-13
SEP 7	NORTHERN ILLINOIS NOTRE DAME STADIUM	L 14-16
SEP 14	PURDUE ROSS-ADE STADIUM // WEST LAFAYETTE, IN	W 66-7
SEP 21	MIAMI (OH) NOTRE DAME STADIUM	W 28-3
SEP 28	LOUISVILLE NOTRE DAME STADIUM	W 31-24
OCT 12	STANFORD NOTRE DAME STADIUM	W 49-7
OCT 19	GEORGIA TECH MERCEDES-BENZ STADIUM // ATLANTA, GA	W 31-13
OCT 26	NAVY METLIFE STADIUM // EAST RUTHERFORD, NJ	W 51-14
NOV 9	FLORIDA STATE NOTRE DAME STADIUM	7:30 PM (Home)
NOV 16	VIRGINIA NOTRE DAME STADIUM	3:30 PM (Home)
NOV 23	ARMY WEST POINT YANKEE STADIUM // BRONX, NY	7:00 PM (Neutral)
NOV 30	SOUTHERN CAL LA MEMORIAL COLISEUM // LOS ANGELES, CA	TBA (Away)

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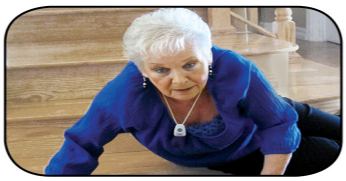

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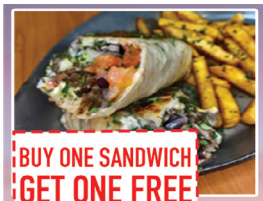

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&
Kerri Moore

What's Prior Authorization?

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Nowadays, it can be a much more complicated process. Not surprisingly, it's all about the money. Drugs are very expensive, especially the new miracle drugs on the market. Most folks have a benefit manager that negotiates the price of your medicine between the insurance company that pays the bills and the pharmacy.

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www.millersartisticmetal.com

the Christmas TREE

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2675 Mizpah Park Road, Benton Harbor, MI
www.christmastreegiftshop.com

Join us for our 39th Annual Toys for Tots Dinner Party at

The WaterFront

"Tropical Paradise"
CLUB ROCADERO BAR

FREE DINNER FOR EVERYONE WHO BRINGS A TOY!
7:00 PM, Sat. - December 7th
LIVE ENTERTAINMENT

Make your reservations early, seating is limited. If you are unable to attend the benefit, please bring or drop off your donations in advance. Your generosity will make a difference in the lives of our children.

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$250,000 Corner lot for sale on Paw Paw Lake Rd, 200 ft from public lake access, beautiful view of the lake, low taxes. Big Paw Paw lake Rd across from The Bend Bar, Coloma, MI,

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7:00 PM, Sat. - December 7th
LIVE ENTERTAINMENT

Make your reservations early, seating is limited. If you are unable to attend the benefit, please bring or drop off your donations in advance. Your generosity will make a difference in the lives of our children.

Remember… Christmas morning, running down to the living room. The tree covered with lights and decorations. **But the best part were the toys under the tree that Santa had left.**

Can you imagine what it would feel like if Santa didn't come to your home? Let's not let that happen to our children. We all need to help out in our own way.

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If you would like to donate items for the Silent Auction or your time for this special occasion...Please email host@waterfrontcoloma.com or call 269-468-7777.

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Seating limited. Make your reservation now!!!
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Enjoy the Holidays! Take a train ride past the lake and rolling hills. Make memories with a picture, warm cocoa & lunch buffet with Santa and many activities for $19, please bring a toy to donate!

Hours Thurs-Sun • www.waterfrontcoloma.com
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November Home Tips

November Home Maintenance and Safety Checklist

(safewise.com Author: Kaz Weida)

Spruce up the kitchen.

Practice safe cooking.
Before you fire up the range for Thanksgiving, make sure your cooking habits are in good shape. Between 2017 and 2021, the NFPA estimated over 158,000 home fires started from cooking. Safe cooking with kids and adults will make your holidays a little brighter.

Follow a few of these basic guidelines:

Keep flammable materials like curtains or rags away from the stove and oven.
Don't leave cooking unattended.
Turn off appliances after food is done.
Read and follow all cooking instructions.
Have a fire extinguisher ready for emergencies.

Remove crumbs from the toaster.
The remnants of hundreds of breakfasts lie at the bottom of your toaster, and those crumbs can pose a serious fire hazard. Most toasters have a trap door that allows you to safely remove crumbs and clean the depository.

Clean out the pantry and refrigerator.
You'll spend a lot of time in the kitchen this season, and an organized space can make your holiday cooking that much easier. Throw away expired food and tame that mess in the fridge. (Plus it will make room for leftovers.)

Clean the dishwasher.
The dishwasher cleans your dishes, but who cleans it? Give your dishwasher a well-deserved scrub to remove detergent grime and buildup both inside and out. Then run it on the "clean" cycle. Your glassware will thank you.

Prepare for winter.

Get salt.
Having road salt or ice melt on hand for icy sidewalks or sandbags for vehicles that need a little extra weight is imperative. Don't wait until the next storm blows in to stock up

Put on snow tires.
You've been putting it off, but if you live somewhere with frequent snowfall, it's time to switch your tires before you're caught on the road in unsafe conditions.

If you would like to sponsor this article: fma@fullmoonad.com

What Are the Health Effects of Marijuana?

Besides having psychoactive effects, marijuana also has some medical benefits. People in the past have been aware of the health effects of marijuana, which is why it has been used for treating a variety of ailments for thousands of years.

Today, we only know a fraction about the medicinal use of cannabis and we're aware that there's still so much left to learn. But from what we've discovered so far, cannabis can be very effective in managing the symptoms of many conditions. The cannabis plant has anti-inflammatory, analgesic (pain-relieving), anti-convulsant, and anxiolytic (anti-anxiety) properties. It can also reduce nausea and induce appetite, as well as promote an improved mood and reduce stress.

What causes these health effects are the active ingredients found in marijuana that work synergistically to produce the unique effects.

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If you are interested in becoming a volunteer with the Sheriff's Department please contact us.

Kelly Laesch
Berrien County
Sheriff's Office
Crime Prevention Coordinator

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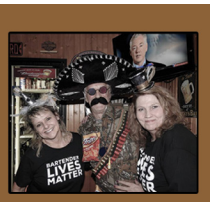

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Cora Al Nadabi	Hartford, MI	October 2, 2024
Dawn Everett	Stevensville, MI	October 2, 2024
Lori Lynn Baber	Buchanan, MI	October 2, 2024
Virgil E. Schmaltz	Coloma, MI	October 2, 2024
Edward M. Corwin	Dowagiac, MI	October 3, 2024
Beverly L. Selent	St. Joseph, MI	October 4, 2024
Rev. Pamela J. Breakey	Dowagiac, MI	October 5, 2024
Dorothy Mae O'Connell	St. Joseph, MI	October 5, 2024
Donald Pye	Dowagiac, MI	October 5, 2024
Avis M. Austin	Watervliet, MI	October 6, 2024
Cynthia "Cindy " Hartmann	South Haven, MI	October 6, 2024
Arthur R. "Art" Scherer	Watervliet, MI	October 7, 2024
Jerome "Jerry" Slattery	St. Joseph, MI	October 7, 2024
Delores Jean Phillips-Pfaff	Coloma, MI	October 7, 2024
Mary Garritano	Dowagiac, MI	October 7, 2024
Marilyn Sundman	Benton Harbor, MI	October 7, 2024
Joseph A. "Joe" Davison-Harden	Coloma, MI	October 8, 2024
Julie Newmiller	Stevensville, MI	October 9, 2024
Eileen Oles	Stevensville, MI	October 9, 2024
Jean Mae Lydia Koebel	St. Joseph, MI	October 9, 2024
Janet Maureen Spicer	St. Joseph, MI	October 10, 2024
James R. LoPresti	St. Joseph, MI	October 10, 2024
Lavern Roberts Twyman	MI	October 10, 2024
Margaret Elizabeth Spears	Stevensville, MI	October 11, 2024
Russell Bueche	St. Joseph, MI	October 12, 2024
Kathleen Joyce "Kay" Jiral	St. Joseph, MI	October 12, 2024
Robert Rudlaff	Berrien Springs, MI	October 12, 2024
Calvin R. Spooner	Dowagiac, MI	October 13, 2024
Richard Wayne "Rich" Cooper	New Buffalo, MI	October 13, 2024
Patsy Jean Meachum	Dowagiac, MI	October 13, 2024
Estelle Ann Banaszak	South Haven, MI	October 13, 2024
Wesley Hemerling	St. Joseph, MI	October 13, 2024
Deborah Jean "Deb" Larson	South Haven, MI	October 13, 2024
Noreen K. Sonnenberg	St. Joseph, MI	October 14, 2024
Norma Jean Wolkins	Galien, MI	October 14, 2024
Asuncion "Ching" Mendoza	Berrien Center, MI	October 15, 2024
Judith Kae "Judy" Marcoullier	St. Joseph, MI	October 16, 2024
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Norma Lee Goldner	Sodus, MI	October 16, 2024
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Edna Ralston	Decatur, MI	October 17, 2024
Franklin Glenn "Frank" Hanners	Benton Harbor, MI	October 18, 2024
Phyllis Marlyn Nutt	St. Joseph, MI	October 19, 2024
Florence Marie "Flo" Scanlon	South Haven, MI	October 19, 2024
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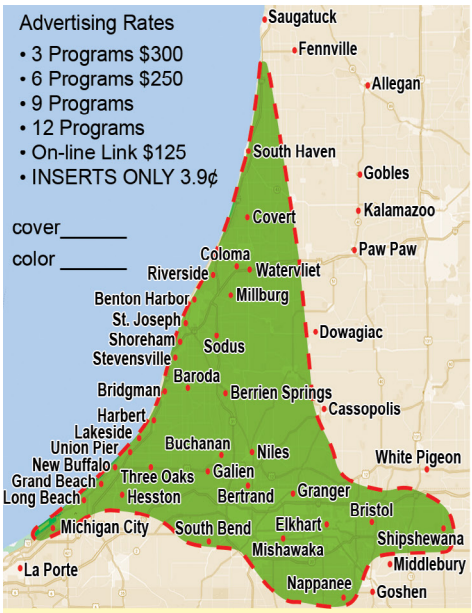

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Berrien Center (49102)	536	536	100.0%
Berrien Springs (49103)	5,279	5,279	100.0%
Bridgman (49106)	2,402	2,402	100.0%
Buchanan (49107)	4,838	4,838	100.0%
Coloma (49038)	5,019	5,019	100.0%
Eau Claire (49111)	1,634	1,634	100.0%
Elkhart (46514)	18,400	18,400	100.0%
Galien (49113)	885	885	100.0%
Glendora (49107)			100.0%
Granger (46530)	11,623	11,623	100.0%
Hagar Shore (49039)	096	096	100.0%
Harbert (49115)	385	385	100.0%
Lakeside (49116)	449	449	100.0%
Long Beach (46360)	1549	1549	100.0%
Millburg (49022)			100.0%
Mishawaka N. (46545)	14,859	14,859	100.0%
Nappanee (46550)	5,103	5,103	100.0%
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New Troy (49119)	190	190	100.0%
Niles (49120)	19,284	19,284	100.0%
Riverside (49084)	140	140	100.0%
St. Joseph (49085)	12,119	12,119	100.0%
Sawyer (49125)	1,347	1,347	100.0%
Shipshewana (46565)	3,110	3,110	100.0%
Sodus (49126)	662	662	100.0%
South Bend (46614)	13,464	13,464	100.0%
South Bend (46635)	2,872	2,872	100.0%
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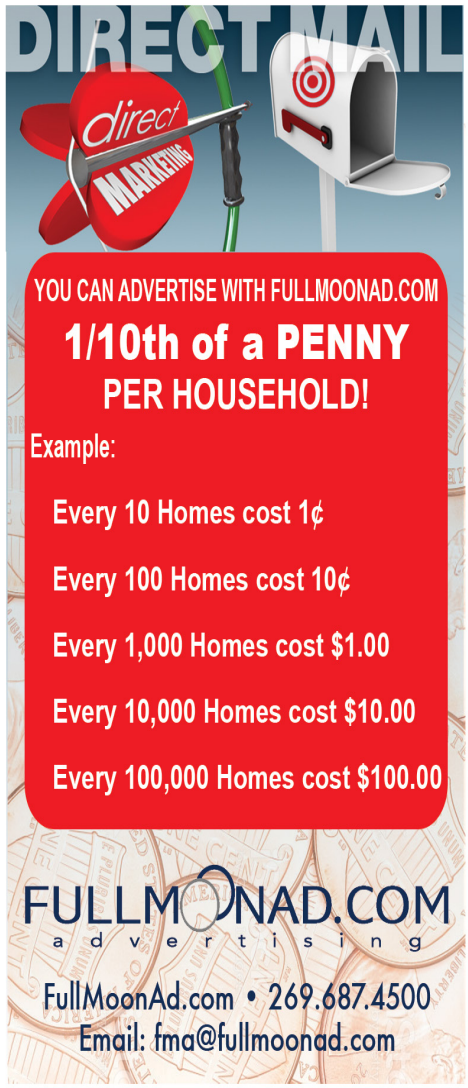
Stevensville (49127)	6,111	6,111	100.0%
Three Oaks (49128)	1,986	1,986	100.0%
Union Pier (49129)	672	672	100.0%
Watervliet (49098)	3,124	3,124	100.0%

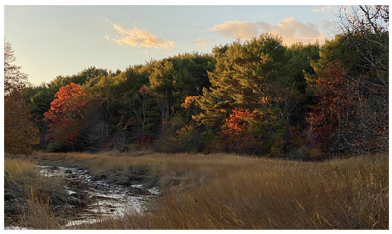
Advertising Facts:

1. Full Moon Advertising does **saturate your town by 100%.**
   • Every Rural Route • Every City Limit • Every Business
2. These facts concerning Postal Recipients within Michiana are from the U.S. Postmaster, updated November 2024.



November Health Tips

Ways to Have a Healthy November



(thepharmacistsguide.com)

Stay hydrated: Just because it is not summer and you are not sweating, does not mean you don't need to stay hydrated. By default, I just don't drink as much during the winter months and I have to consciously make an effort to drink the recommended 8-10 glasses of water. Your body loses moisture everyday regardless of the temperature so you need to stay hydrated. Adequate hydration is important for your immune function, skin radiance and of course your mood and energy levels!

Take some Vitamin D. Winter months mean shorter days and staying indoors more (around a cozy fire!). Vitamin D is important because it keeps your bones strong and may contribute to the prevention or treatment of other diseases. We don't just get vitamin D from the sun, we also get it from food we eat. Eggs, salmon, fortified cereal, milk and cheese can all be good sources. Over forty percent of adults in the US are deficient in Vitamin D and you may be one of them! It's best to talk to your doctor before starting a new supplement. For more information on the importance of Vitamin D and the different types of supplements, read here.

Pay attention to the air. Colder months have less humidity and drier air, which can affect your skin and some respiratory conditions. When do you need it? I used to have a lot of nosebleeds as a child because of dry air – and that was one reason my mom got a humidifier! You may be noticing drier skin, chapped lips or congestion – a humidifier will help with all of these. If you do use one, just make sure you clean it regularly. A dirty humidifier can promote the growth of bacteria and mold.

Boost your immunity. A healthy immune system is the first line of defense against bacteria, viruses and other little invaders that make us sick. There are several things that we can do to keep our immune system strong. Above all, don't forget to wash your hands!

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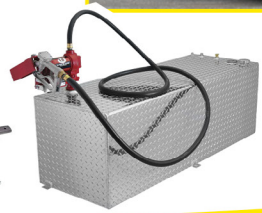

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